



THE CARIBBEAN
Bible.

THE CARIBBEAN / DESTINATION GUIDE

The Bahamas

Your island guide.



Frederick Wallace / Unsplash

Blue in every direction.
Choose your island well.

BEACHES · EXPERIENCES · STAYS · LOCAL KNOW-HOW

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START HERE

An island, at your pace.

A Nassau, New Providence and Paradise Island guide, matching the website’s main Bahamas base. Exuma, Eleuthera and the other islands are separate journeys, not neighbourhoods of Nassau.

Start with the price key, choose a base, then build days around nearby places. The recommendations are editorial selections for different travel styles. Leave time for the island between bookings.

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KEEP A COPY OFFLINE

Price key: page 3. Emergency contacts: page 20. Check the safety notes on page 19 before exploring. Contents and numbered source references are clickable.

This guide follows the destination scope used on The Caribbean Bible website. It is researched travel guidance, not a claim of personal inspection or guaranteed availability.

01 / PRICE OVERVIEW

Price overview

Use the dollar symbols to compare expected spending within each category. They are planning estimates, not live quotations.

\$	\$	\$	\$	\$
BUDGET	MODEST	MIDRANGE	PREMIUM	LUXURY

A free-to-enter beach can still cost money for chairs, shade, parking or lunch. Ranges show different ways to visit, such as independent access versus a guided tour. The symbols do not represent fixed US-dollar bands or a quality score.

Compare like with like

Stays: an entry room or accommodation category per night. Season, occupancy, meal plan and room type can change the tier.

Food: an ordinary meal with a soft drink, excluding alcohol and tasting menus.

Beaches: basic access and a chair where relevant, excluding meals or premium cabanas.

Experiences: an adult ticket or standard outing; private guiding and transfers can change the total.

Shopping: the scale of a likely purchase; browsing is generally free.

MONEY ON THIS TRIP

The Bahamian dollar, BSD, is maintained at parity with the US dollar, and both are accepted locally. Check the currency returned as change and use up small Bahamian notes before leaving if they will be hard to exchange at home. Resort fees, taxes and service charges can materially change a headline price. [04]

Before paying: ask which currency is being quoted, and whether taxes, service charges, transport, deposits and equipment are included. Use the final total for your exact dates when comparing offers.

02 / BEFORE YOU GO

Before you go

Prepare the official paperwork and the first transfer before leaving home.

Use current entry guidance

For this guide's main base, fly to Nassau's Lynden Pindling airport, NAS. Follow current immigration and customs instructions and carry your accommodation and onward-travel details. The former COVID-era Bahamas Health Visa is no longer required; do not confuse an old page with today's entry process.

[01] [02]

Documents for every traveller

Check passport validity, visa eligibility and any transit-country requirements for each nationality in your party. Carry your accommodation address and onward or return booking. An arrival form does not replace a visa. Follow the entry permission actually granted at the border.

[01]

Insurance and first night

Cover treatment, evacuation and the activities you intend to book. Save the insurer's assistance number offline. Send your driver the airport code, flight number and exact accommodation address. Keep arrival day light and retain a payment method for unexpected costs.

[06]

Use the official links. Recheck requirements before departure, particularly when your party uses different passports.

Check special health restrictions

Recent travel in the Democratic Republic of Congo, Uganda or South Sudan needs specific entry advice. Official notices describe restrictions and health screening; the May 2026 foreign-affairs notice covers foreign nationals present there within 30 days. Recheck directly with Bahamian authorities before booking if this applies.

[03] [01]

Children and consent

Check the destination's rules when a child travels alone, with one parent or with another adult. Ask the airline what originals are needed. Pack relevant consent and custody documents where required, plus copies stored separately; matching surnames alone do not establish permission.

[01]

Pack the useful essentials

Bring sun protection, suitable footwear, prescribed medicine in original packaging, a charger, adaptor and refillable bottle. Add insect repellent and a small first-aid kit. Keep essential medicine and documents in hand luggage, and leave a little spare room for local purchases.

03 / CHOOSE YOUR BASE

Choose your base

Nassau is the city on New Providence. Paradise Island is connected by bridges; the Out Islands require a boat or flight.

AREA	A GOOD FIT FOR	PLAN AROUND
Cable Beach / Baha Mar	A large-resort beach holiday with dining and activities.	Full resort charges, room location and included facilities.
Paradise Island	Atlantis-area stays and resort-focused family holidays.	Bridge traffic, meal budgets and waterpark eligibility.
Downtown Nassau	Culture, shops and a central hotel setting.	Cruise crowds, the exact walking route and evening transport.
Sandyport / western New Providence	A quieter base with apartment-style options.	Transport for downtown, Paradise Island and excursions.
Exuma	A separate blue-water island and cay itinerary.	Choose the airport, cay, boat route and overnight base together.
Eleuthera / Harbour Island	A different island stay with its own beaches and towns.	Airport choice, boat connections and onward road transfers.

Our planning pick: one Nassau-area base for 5–8 nights. Add another island with extra time rather than assuming an archipelago works like a single small island.

04 / SIX BEACHES TO KNOW

Six beaches to know

These six are on New Providence or Paradise Island. Confirm access and conditions; a public beach does not include a neighbouring resort's facilities.

NEW PROVIDENCE

Cable Beach

A familiar north-coast choice for a resort-led stay and long beach time. Confirm your access point and which chairs or pools belong to a property. Beach quality and conditions vary by stretch; choose the part that suits today rather than a general area name.

\$-\$\$\$ · [13]

NEAR DOWNTOWN NASSAU

Junkanoo Beach

A convenient Nassau beach option near the downtown area, with a livelier atmosphere. Compare any chair and food package carefully and secure belongings while swimming. It suits a shorter town-and-beach visit rather than a search for seclusion.

\$-\$\$\$ · [13]

WESTERN NEW PROVIDENCE

Love Beach

A western New Providence option for a more deliberate outing. Confirm the access point, any club fee and the facilities open to visitors. Choose guided water activity if you are unfamiliar with the reef or conditions, and organise the return journey first.

\$-\$\$\$ · [13]

Wind and winter fronts can change conditions quickly. Use recognised swimming areas and follow local advice rather than assuming every turquoise bay is calm.

PARADISE ISLAND

Cabbage Beach

A broad Paradise Island shore with an exposed setting that can develop rough surf. Check flags and local advice before swimming. Keep the outing within your group's ability and confirm facilities and the return route before settling far from the access point.

\$-\$\$\$ · [13] [09]

NEW PROVIDENCE

Saunders Beach

A New Providence option for a simpler local beach stop. Check facilities and swimming conditions on arrival and bring what you need. Keep valuables secure and arrange transport rather than assuming every quiet stretch has a waiting licensed taxi.

\$ · [13]

WESTERN NEW PROVIDENCE

Jaws Beach

A quieter western beach stop that can pair with a properly planned heritage outing. Keep the visit in daylight, check local access and take supplies. Do not turn its relative seclusion into an assumption of supervised swimming or readily available transport.

\$ · [13]

PRICE LEVELS: \$ budget to \$\$\$\$ luxury, within each category. See page 3.

05 / ON AND AROUND THE WATER

On and around the water

Know exactly which island an excursion visits and how much of the day is spent in transit.

NEAR NASSAU

Rose Island beach day

Compare a managed Rose Island outing for beach time, food and optional activities. Confirm boat safety, group size and inclusions. Animal encounters are optional choices, not a reason to chase, lift or feed wildlife or domestic animals against staff instructions.

\$\$\$ · [15]

A CLEARLY SPECIFIED SEA TRIP

A guided reef snorkel

Use an established licensed operator and ask for the exact route before paying. Choose an appropriate reef outing without baited shark encounters if seeking ordinary snorkelling. Ask about flotation, supervision and conditions; decline any stop outside your swimming confidence.

\$\$\$ · [17] [09]

PARADISE ISLAND

Aquaventure at Atlantis

A full waterpark day can suit a family when ages and height requirements line up. Confirm whether your hotel rate includes access or whether you need a separate day pass. Budget for food, transport and any extras rather than comparing ticket price alone.

\$\$\$\$ · [18]

Choose the operator, conditions and return arrangements before the photograph. Ask about lifejackets, boarding, shade, toilets, group size and the weather cancellation policy.

NEARBY ISLAND DAY

Blue Lagoon beach outing

Choose the beach package that suits your group and check the boat schedule and weather policy. Read what is included separately from animal programmes and premium activities. A short-looking crossing still needs lifejackets, safe boarding and a reliable return.

\$\$\$ · [16]

FROM THE NASSAU AREA

A coastal sailing trip

A shorter sail can offer time on the water without consuming the whole day. Compare departure point, passenger numbers and actual sailing time. Confirm shade, toilets and return transport and keep the marine forecast part of the decision.

\$\$\$ · [16]

A SEPARATE ISLAND JOURNEY

Exuma as a planned trip

Choose the actual island or cay and compare a flight-based visit with a long open-water boat day. Ask about transfers, weather and return contingency. A near-Nassau pig excursion is not the same journey as visiting the Exumas; read the itinerary closely.

\$\$\$\$-\$\$\$\$\$ · [01] [14]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

06 / BEYOND THE BEACH

Beyond the beach

Nassau's art and history deserve more than a quick shopping stop between resort days.

HISTORIC NASSAU

Queen's Staircase and fort area

Visit the limestone stairway and the surrounding historic area in daylight, allowing for steps and heat. Ask a guide about the enslaved Africans who created the staircase. Add nearby heritage stops only when the walking route and your group's energy suit.

\$-\$\$\$ · [14]

DOWNTOWN HISTORY

Pompey Museum

A significant stop for understanding slavery, resistance and emancipation. Check current opening and exhibitions, then give the subject space rather than rushing through. The building's history is part of the story and deserves more attention than its exterior.

\$-\$\$\$ · [21]

CULTURE IN THE LANDSCAPE

Clifton Heritage National Park

Plan a western New Providence outing with historical interpretation and coastal scenery. The park connects Lucayan, African and Loyalist histories. A land tour and an underwater-sculpture activity are different choices; confirm access, conditions and the appropriate guide for either.

\$\$-\$\$\$\$ · [22]

These are suggestions for separate outings. Compare the map, opening arrangements and your group's energy before combining them into one day.

NASSAU ART AND IDEAS

National Art Gallery

Make time for Bahamian art and the perspectives it offers on island life. Check the current exhibitions, opening and access requirements before visiting. Pair it with a nearby lunch rather than treating the gallery as a brief rainy-day backup.

\$\$ · [20]

A LOCAL PRODUCT STORY

John Watling's Distillery

A Nassau visit for travellers interested in the making and story of a local rum. Ask about the current tour and tasting arrangements. Keep the driver alcohol-free and check the luggage rules before buying bottles to take home.

\$-\$\$\$ · [23]

A CREATIVE FOOD STOP

Graycliff Chocolatier

Compare a short visit with a hands-on chocolate experience. Ask about ingredients and age suitability before booking with children or allergy concerns. It can make a satisfying smaller outing alongside downtown culture and an unhurried meal.

\$\$-\$\$\$\$ · [23]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

07 / A TABLE FOR EVERY MOOD

A table for every mood

A shortlist for local flavour, an easy lunch and a meal worth planning around.

FOR LOCAL FLAVOURS

Arawak Cay fish fry

Choose an established restaurant for Bahamian dishes such as cracked conch or cooked fish. Ask about portions and the full price. Plan a daylight or early-evening visit with licensed return transport and keep valuables and drinks in view.

\$\$-\$\$\$ · [24]

FOR AN OCCASION

Graycliff Restaurant

A Nassau choice for a special dinner in a historic property. Reserve and check the current menu, dress expectations and service charges. Treat it as the evening's main event, with transport arranged and a budget that includes the full experience.

\$\$\$\$-\$\$\$\$\$ · [20] [26]

ATLANTIS / PARADISE ISLAND

Fish by José Andrés

An Atlantis-area option for a seafood-focused restaurant evening. Check the current menu, booking arrangements and access rules for your party. Read the full bill and make dietary requirements clear before ordering rather than assuming every seafood dish is prepared simply.

\$\$\$\$ · [26]

Ask about allergens, the day's availability and the full bill. Service charges and tips are not interchangeable; check the receipt before adding more. Arrange a non-drinking driver for evenings out.

DOWNTOWN NASSAU

Bahamian Cookin'

A family-run downtown option for Bahamian food. Check the day's service and menu, then leave time for a proper meal during a Nassau visit. Discuss allergies directly and compare a lunch plate with sharing several dishes if travelling as a group.

\$\$ · [25]

PARADISE ISLAND

DUNE at The Ocean Club

A Paradise Island restaurant choice for an upscale meal in a resort setting. Confirm reservations and access for outside visitors. Compare the menu for your preferred service and allow for transport, taxes and service charges when planning the evening.

\$\$\$\$ · [29]

PARADISE ISLAND

A Marina Village meal

Choose a currently operating casual venue for an easier meal around a Paradise Island visit. Compare menus before sitting down and do not assume resort-area food is inexpensive. It can be convenient when you want dinner without another cross-island transfer.

\$\$-\$\$\$ · [33]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

08 / STAYS WITH A SENSE OF PLACE

Stays with a sense of place

Six editorial choices for different budgets and holiday styles. Price levels are estimates for an entry room or accommodation category.

CABLE BEACH · LARGE RESORT

Grand Hyatt Baha Mar

A large Cable Beach resort option with extensive dining and activity choices in the wider complex. Check your actual room, included facilities and resort charges. It suits travellers wanting much of the holiday on site, with downtown visits planned separately.

\$\$\$\$ · [27]

PARADISE ISLAND · LUXURY

The Ocean Club

A Four Seasons resort on Paradise Island for a quieter, high-end holiday. Compare the actual room or villa, dining and transfer arrangements. It is a deliberate luxury choice, with the property itself a major part of the travel experience.

\$\$\$\$\$ · [29]

DOWNTOWN · TOWN AND BEACH

British Colonial

A downtown Nassau hotel with a beachfront setting, useful for visitors interested in town as well as the sea. Compare room location and facilities with your intended walking route. Plan evening transport and allow for the atmosphere of a working cruise-port city.

\$\$\$ · [31]

Compare identical dates, room categories, meal plans and cancellation terms. Photos may show premium rooms or facilities that cost extra. Confirm the route to the beach and the total payable before booking.

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

PARADISE ISLAND · ACTIVITIES

The Royal at Atlantis

The landmark Atlantis hotel on Paradise Island, useful when the resort programme is central to the trip. Compare room categories, walking distances and included waterpark access. Budget carefully for meals and extras; it is not a default all-inclusive stay.

\$\$\$\$ · [28]

WEST NASSAU · FLEXIBLE STAY

Sandyport Beach Resort

A western New Providence option with different hotel-room and suite arrangements. Check kitchen facilities, lagoon versus ocean access and transport needs. It can suit travellers who prefer a smaller-scale setting and some independence from a large resort programme.

\$\$\$ · [30]

PARADISE ISLAND · VALUE SHORTLIST

Comfort Suites Paradise Island

A property worth comparing for value within the Paradise Island area. Verify the current Atlantis-access conditions, eligible registered guests and any restrictions directly with the hotel. Include fees and meals in the comparison; access benefits do not make it a beachfront all-inclusive resort.

\$-\$\$\$\$ · [32]

09 / BRING HOME A LITTLE COLOUR

Bring home a little colour

Browse for local craft, useful holiday purchases and something with a story.

DOWNTOWN NASSAU

Nassau Straw Market

Ask which pieces are locally made and who produced them. Compare woven work with imported souvenirs and agree a price politely before buying. Keep cash manageable and choose a piece you can protect on the journey home.

\$-\$\$\$ · [33]

PARADISE ISLAND

Bahama Crafts Center

A Paradise Island craft stop to compare for straw work, art and other souvenirs. Ask about origin and inspect the item before paying. Browsing can pair with Marina Village rather than becoming a separate taxi journey.

\$-\$\$\$ · [35]

CABLE BEACH

Shops of Baha Mar

A resort shopping option for international brands and a convenient indoor break. Take time over valuable purchases, checking warranties and customs allowances. Duty-free presentation and a luxury setting do not establish that the final price is the best available.

\$\$\$-\$\$\$\$\$ · [33]

Browsing is usually free. Price levels refer to purchases, which vary widely. Ask who made an item, keep receipts and check your home country's customs rules before buying food, alcohol or natural materials.

EASTERN NASSAU

Doongalik and Craft Cottage

Plan a visit to this art-and-craft setting in eastern Nassau, checking opening and transport first. Ask about the Bahamian makers and materials. It is a useful choice when you want a gift connected to a person rather than only an island slogan.

\$\$-\$\$\$\$ · [34]

PARADISE ISLAND

Marina Village

An easy waterfront browsing area with shops and food around the Atlantis setting. Compare prices and check access to any resort facility separately. A shopping visit does not automatically include the waterpark, pools or premium beach areas.

\$\$-\$\$\$\$ · [33]

LOCALLY ASSOCIATED FLAVOURS

Chocolate and rum gifts

Buy sealed, clearly labelled products from established local makers or their shops. Ask about heat-sensitive packing for chocolate and baggage rules for bottles. Keep receipts and leave shells, coral and wildlife products out of the shopping bag.

\$\$-\$\$\$ · [23]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

10 / EVERYDAY ISLAND ESSENTIALS

Everyday island essentials

The small details that make a holiday run more smoothly.

CARDS AND CASH

Pay in a currency you understand

BSD and USD are used at the same face value locally. Keep some small cash for ordinary purchases and confirm the full amount before paying. Compare hotel totals including taxes and resort charges, and inspect restaurant bills for service charges before adding a tip.

[04]

STAY CONNECTED

Mobile data and calling

The country code is +1 242. Check roaming charges before switching on mobile data or compare a compatible local SIM or eSIM. Download maps for every island you plan to visit, not only Nassau. Offshore coverage is not a reliable return-transport plan.

[05]

MEET THE DESTINATION

Language and local rhythm

English is the official language. Greet people before asking for directions and keep beachwear for the beach. The Bahamas uses daylight saving time, unlike many Caribbean destinations, so confirm local time before flights, ferry connections or calls across islands.

[05]

BEFORE YOUR FIRST OUTING

Download your maps

We suggest MAPS.ME for offline maps. On Wi-Fi, download your destination, save the hotel and airport, then test a route with mobile data off. Check entrances with your host; an app's shortcut is not proof of a safe or open road.

[36]

KNOW YOUR ACCOMMODATION

Water and electricity

Ask your accommodation about current drinking-water advice and any local supply interruption, particularly after storms or on smaller islands. Bring a travel adaptor and check socket shape and appliance voltage labels. Keep essential devices charged before a boat day or remote outing.

[05]

MAKE THE FIRST DAY EASY

Shopping for everyday things

Buy water and groceries near your base before a long excursion. Confirm shop and pharmacy opening hours around weekends and public holidays. Pack snacks for children and people with dietary needs. Small notes are useful when an independent vendor cannot accept your card.

11 / GETTING AROUND, YOUR WAY

Getting around, your way

Use licensed taxis for transfers and selected outings, with a rental car only when its convenience outweighs parking and traffic.

FOR DOOR-TO-DOOR JOURNEYS

Licensed taxi

Use an authorised airport or hotel-arranged vehicle. Confirm fare, currency, passengers, luggage and any bridge or waiting charges. Save the driver or dispatcher’s contact for the return from a quieter beach or evening meal.

[05] [09]

FOR SELECTED ISLAND DAYS

A rental car

Useful for independent western New Providence exploring. Confirm licence rules, insurance and the steering position of the vehicle. A car does not connect Nassau with the Out Islands; another island needs its own rental or local transport plan.

[11]

FOR STRAIGHTFORWARD DAYTIME ROUTES

Local jitneys

They can suit some New Providence routes when you understand stops and operating times. Confirm the actual route, fare and return before boarding. Do not rely on one for an unfamiliar late-night journey or assume every service crosses to Paradise Island.

[11]

FOR A SECOND ISLAND

Flights, ferries and excursion boats

These are different products with different terminals and baggage rules. Confirm the exact island and landing point, onward transport and weather policy. Keep a buffer before an international flight rather than depending on the last possible boat.

[05]

BOOK THE RETURN JOURNEY

Agree the pickup point, fare, currency, waiting time and number of passengers before setting off. Save the driver or dispatcher’s contact, keep enough phone battery for the return and carry the accommodation address offline.

12 / DRIVE WITH LOCAL KNOWLEDGE

Drive with local knowledge

Drive on the left. Some vehicles have the steering wheel on the left too, so take time to adjust before joining busy traffic.

Left side, extra attention

Keep left after every turn and when leaving a car park. Confirm the car's controls before setting off and choose a calm first route. Give yourself space rather than matching an impatient driver's pace.

[09]

Traffic and pedestrians

Nassau can be congested and pedestrian routes are not always comfortable. Slow down, watch for people near the road and leave time for bridge and town traffic. A short distance is not always a quick transfer.

[10]

Keep the car uninteresting

Put belongings out of sight before arriving, lock doors and close windows. Leave travel documents in appropriate secure storage unless needed for the outing. Avoid handling the phone while stopped in exposed traffic.

[10]

Licence and hire conditions

Check required documents, age rules, additional drivers and the insurance excess with the hire firm. Photograph damage at collection and return. Ask about breakdown assistance for the actual roads and island you will use.

Use a sensible route

Stay on known, open roads and avoid unfamiliar residential shortcuts. Ask your host about the exact access and parking. Do not get out to remove a suspicious road obstruction; seek a safer route or assistance.

[10]

A sober driver and a buffer

Use seatbelts and appropriate child seats. Choose a taxi for a tasting or evening with alcohol. Keep spare time before airport check-in and never make a distant beach stop the reason for rushing the departure journey.

AFTER A COLLISION

Stop and check for injuries. Call 911 or 919 for emergency assistance, give your island and exact location, and notify the rental firm. Follow police instructions about the vehicles and reporting. Record details and photographs only when safe and keep the incident reference for your insurer. [07]

13 / PLAN FOR THE SEASON

Plan for the season

The Bahamas stretches across many islands. Nassau’s forecast cannot stand in for every cay, and winter fronts can affect an otherwise sunny visit.

PERIOD	WHAT TO EXPECT	HOW TO PLAN
December-April	Popular travel months; fronts can bring cooler, windy spells.	Pack a light layer and keep sea trips flexible.
May-November	Warmer conditions with wet-weather variability.	Plan shade and allow for showers and changing marine conditions.
June-November	Atlantic hurricane season.	Monitor warnings and leave room for transport disruption.

Check the forecast that matters

Check the marine forecast for the actual route, especially for Exuma or other open-water excursions. Wind and swell can cancel a trip even when your hotel beach looks pleasant. During alerts, follow local authorities and your accommodation, and review onward-flight arrangements early. [12]

Have a useful alternative

Choose an art, history or chocolate visit near your base when local travel is safe. Keep one flexible day in the itinerary so a cancelled boat trip does not force all the remaining plans into a rush.

Seasonal patterns are not a forecast. Ask operators about cancellation and rescheduling terms, and follow local warnings and closure instructions.

14 / FAMILIES, HEALTH AND ACCESS

Families, health and access

A comfortable trip starts with your group's needs, rather than a full timetable.

Choose the sea for today

Choose a supervised swimming area appropriate to the day, with shade and easy access. Cabbage Beach can have strong surf; a famous beach name is not enough to choose it for a small child. Waterparks also need age, height and swimming-ability checks.

[13]

Health needs before travel

Arrange treatment and evacuation cover, including any island-hopping itinerary. Medical resources differ sharply between Nassau and smaller islands. Ask a clinician about personal travel-health needs and protect against mosquito bites and heat. Check current health-related entry measures if your recent travel history is relevant.

[06]

A realistic family outing

Choose a shorter managed beach excursion, an age-appropriate chocolate activity or a waterpark day. Count the whole journey before booking Exuma with young children. Ask about child-sized lifejackets, safe boarding, shade, toilets and the weather cancellation policy.

Ask precise access questions

Ask about the route from your room to the beach, lifts, steps, bathroom layout and adapted transport. Check whether a boat is boarded by a stable gangway, ladder or beach launch. A ground-floor room or a "family friendly" label does not confirm accessibility.

A doctor or pharmacy

For urgent danger use the emergency numbers on page 20. For a non-emergency, ask your insurer or accommodation to identify a currently operating clinic and pharmacy. Call before travelling. Bring the generic medicine name and prescription; a foreign prescription may need local review.

[06]

Heat, food and hydration

Build shade and rest into the day, especially for children and older travellers. Discuss allergies directly with restaurants and carry needed medication. Ask about child-seat sizes before booking a transfer. Bring water on boat and road trips rather than relying on every stop having supplies.

For lost documents or cards, contact the relevant authority or bank through an official channel. Report theft, keep the report reference and contact your own country's consular service if a travel document needs replacing.

15 / THREE DAYS, THREE ISLAND MOODS

Three days, three island moods

Three full days on the ground. Add a light arrival and departure day; switch outdoor plans when conditions change.

Day 1 / A beach near your base

Choose Cable Beach, a suitable Paradise Island beach or your hotel's facilities according to conditions. Learn the local transport options and compare meal prices. Keep the first day relaxed instead of immediately committing to a long offshore excursion.

Day 2 / Nassau's stories and food

Plan a daylight cultural route with the gallery, museum or Queen's Staircase according to your interests. Add a Bahamian lunch and a little craft browsing. Use licensed transport where the walking route is unfamiliar or exposed.

Day 3 / One clear water choice

Choose Rose Island, a suitable reef trip or Aquaventure, checking conditions and the full cost. Leave the evening simple. If weather interrupts the outing, use a nearby cultural or food visit and keep the larger boat plan for another trip.

KEEP THE ROUTE REALISTIC

Three days are enough for a Nassau-area introduction. Exuma or Eleuthera is better chosen as a separate focus than added as an exhausting attempt to see the entire Bahamas.

16 / A WELL-PACED WEEK

A well-paced week

Seven full days, with room for one flexible day. The order is adaptable; allow extra time for airport and inter-island transfers.

01

Find your local rhythm

Settle into the beach, groceries and food options around your chosen base.

02

Nassau culture

Visit a museum or gallery and a few heritage stops in daylight, with a local lunch.

03

A nearshore island day

Choose a licensed Rose Island or other nearby excursion with a clear return and weather policy.

04

A slower resort or beach day

Rest, swim where conditions suit and leave room for an unhurried dinner.

05

Western New Providence

Plan Clifton Heritage or a western beach outing with appropriate transport and local access advice.

06

Waterpark, art or another island

Choose one option. A separate-island trip needs a full transport plan and enough time before departure.

07

Keep this day flexible

Repeat a favourite place, buy gifts or use it for a weather change. Keep airport travel outside the plan.

For a split stay in the Out Islands, replace several Nassau days rather than stacking the new island on top of this week. Confirm airport codes and baggage limits before booking.

17 / WARNINGS WORTH KNOWING

Warnings worth knowing

Practical advice for a better-informed trip. Check current local guidance and conditions, especially before unfamiliar evening journeys.

LOCATION AND TIME MATTER

Nassau and Freeport need care

Official advice identifies heightened crime risk on New Providence and Grand Bahama. Avoid unfamiliar residential routes and isolated areas after dark; theft can also occur in busy tourist locations. Ask about the exact street and use licensed transport when unsure.

[10]

KNOW THE WATER ACTIVITY

Sharks, bait and open water

Avoid swimming where fish are being cleaned or bait is used, and follow current local marine advice. Do not swim alone or assume a tourist excursion removes wildlife risk. Ask what a snorkel programme actually involves before boarding.

[09]

BUDGET BEYOND THE ROOM RATE

Watch the full holiday cost

Taxes, resort fees, service charges, meals, transfers and activity access can add up quickly. Compare the final total for the same dates and registered guests. Read any linked-resort access terms directly with the hotel before relying on them.

[32] [27]

For quiet beaches, evening meals and less familiar areas, ask about the specific route and pickup point. A crowded resort zone is not a guarantee against theft or assault.

DO NOT BOOK ON PRESSURE

Choose water operators carefully

Use a reputable licensed company and check equipment, lifejackets and the planned route. Exercise particular caution with unsolicited beach offers and jet-ski rentals. Decline a trip when safety arrangements are unclear or conditions exceed your ability.

[09] [10]

READ THE ROUTE BEFORE PAYING

A named island is not a nearby stop

Check the precise island, cay, departure point and return route. Exuma is not reached by driving from Nassau, and a Rose Island pig outing is a different trip. Long open-water crossings need a real weather and comfort assessment.

[14] [15]

PREPARE FOR A CHANGED PLAN

Health checks and storm changes

Recheck entry rules if you recently visited an Ebola-affected region, and follow current official advice. Keep medication and essentials with you during island transfers. Storms and service interruptions can affect water, electricity, communications and access to care.

[03] [10]

18 / HELP WHEN YOU NEED IT.

Help when you need it.

Save these numbers offline, together with your accommodation, transport and insurance contacts.

SERVICE	NUMBER	USE
Police / fire / ambulance	911 or 919	Immediate emergency assistance.
Doctors Hospital emergency room	+1 242 302 4658	Nassau emergency-department contact.
Doctors Hospital ambulance	+1 242 302 4747	Private emergency transport; give location and confirm arrangements.

When you call

Give the country or island, your exact location, a landmark, what happened and a callback number. Follow the dispatcher. If a short code fails on a roaming phone, ask someone nearby or your accommodation to call. Do not treat a hospital switchboard as an ambulance number. [07]

YOUR OWN ESSENTIAL CONTACTS

Accommodation / address: _____

Transport provider: _____

Insurance assistance: _____

Hospital contacts: Doctors Hospital emergency care. On an Out Island, name the island and cay immediately and follow local dispatch instructions; do not assume Nassau resources are nearby.

REFERENCE DESK

Sources & editorial notes

Tap a title to open its source. The numbered references beside recommendations connect to this list.

- 01 Bahamas Tourism — entry and practical questions
- 02 UK FCDO — Bahamas entry requirements
- 03 Bahamas Ministry of Foreign Affairs — May 2026 health advisory
- 04 Bahamas Tourism — currencies and practical questions
- 05 Bahamas Tourism — travel basics
- 06 UK FCDO — Bahamas health
- 07 UK FCDO — Bahamas emergency numbers
- 08 Doctors Hospital — emergency department and ambulance
- 09 UK FCDO — Bahamas safety and security
- 10 Government of Canada — Bahamas safety and local risks
- 11 Bahamas Tourism — road and transport information
- 12 UK FCDO — Bahamas storm and natural-hazard advice
- 13 Nassau Paradise Island — beach map
- 14 Bahamas Tourism — Nassau and Paradise Island outings
- 15 Nassau Paradise Island — Sandy Toes, Rose Island
- 16 Nassau Paradise Island — nearby island excursions
- 17 Nassau Paradise Island — guided water activities
- 18 Atlantis — pools, beaches and day access
- 19 Nassau Paradise Island — history and culture
- 20 Nassau Paradise Island — downtown culture and dining

REFERENCE DESK

Sources & editorial notes

Tap a title to open its source. The numbered references beside recommendations connect to this list.

- 21** Bahamas Tourism — Pompey Museum
- 22** Bahamas Tourism — Clifton Heritage National Park
- 23** Nassau Paradise Island — distillery and chocolate visits
- 24** Nassau Paradise Island — Arawak Cay restaurants
- 25** Bahamian Cookin' — official restaurant information
- 26** Nassau Paradise Island — dining and quieter outings
- 27** Hyatt — Grand Hyatt Baha Mar
- 28** Atlantis — The Royal
- 29** Four Seasons — The Ocean Club
- 30** Sandysport Beach Resort — official information
- 31** British Colonial Nassau — official hotel information
- 32** Comfort Suites Paradise Island — official hotel information
- 33** Nassau Paradise Island — shopping guide, April 2026
- 34** Nassau Paradise Island — Craft Cottage Bahamas
- 35** Nassau Paradise Island — Bahama Crafts Center
- 36** MAPS.ME — official downloads and offline maps
- 37** Frederick Wallace / Unsplash — original cover photograph
- 38** Unsplash — photograph licence

About this edition

Research checked on 6 October 2026. Recommendations reflect published location, facilities and trip fit; we have not personally inspected the properties. Prices, access, entry rules and opening arrangements can change. Check the linked official information before travel.

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